



March, 2010

Hello to Everyone!

This is the first of monthly **Heart to Heart E-Message** to keep you updated on new heart disease and stroke information and other related topics.

I certainly want to welcome you to the collaborative intervention project that the IDPH's Heart Disease and Stroke Prevention (HDSP) and the WISEWOMAN/ *Care for Yourself* (WW/CFY) programs are offering for the healthcare providers that screen and treat WW participants/patients.

Over the upcoming months I look forward to meeting those of you who I have not had the opportunity to meet face-to-face as of yet. Now that the weather is improving I want to deliver tool kits to those of you who have registered in the project. And of course, I want to recruit some more of your peers to join us. I am hopeful that this collaborative will provide you with resources and tools that will assist you in building your capacity to provide improved services and treatment to WISEWOMAN participants around the state. Through this partnership we can begin with a few small steps toward changes that will ultimately improve the cardiovascular health of all Iowans.

During its first year, our project is focusing on the CDC message to reduce salt/sodium consumption to lower blood pressure. Today I am sending you some recent resources on Salt/Sodium Consumption Reduction:

- The Attachment is a CDC MMWR article that was published a year ago.
- The following link, www.cdc.gov/salt/, will take you to the CDC's new Salt/Sodium Home Page. This is a wonderful resource and will contain more and more resources over the coming months—so you may want to mark it as a favorite.
 - On the left side of the Home Page you will find links to other CDC programs—including the state-funded HDSP and WISEWOMAN programs. You will also find some additional buttons for topic links—Sodium and Food, Publications, What You Can Do, and Resources—so check these out.
 - Under featured Items, in the middle of the page, you will find a link to the new Institute of Medicine report, **A Population-Based Policy and Systems Change Approach to Prevent and Control Hypertension** which was just issued last Monday. Currently, all that is available is an executive summary, but it is very informative and includes all the recommendations from the report. Salt reduction plays a predominant part in the recommendations. Also in this section is a CDC Fact Sheet on Sodium that can be downloaded and copied for your patients.
 - Notice on the right-hand side of the page that you can sign-up for updates on Salt/Sodium.

- <http://www.businessweek.com/news/2010-03-02/processed-foods-may-need-u-s-rule-to-limit-salt-correct-.html> The media coverage after the release of the IOM report has resulted in quite a few articles. This one is based on comments by the CDC Director in response to other articles.
- The IOM is expected to release a report on Sodium in April, and new JNC 8 guidelines on hypertension are expected to be released this summer.

Remember that you can call me at any time for additional information regarding the collaborative or if you have any questions. I would really like to hear feed-back from time to time.

Terry

Terry Y. Meek

Project Coordinator/Program Planner 2

V(515) 281-6016

C(515) 321-4704

F(515) 242-6384

tmeek@idph.state.ia.us

Promoting and Protecting the Health of Iowans

Iowa Department of Health

Bureau of Chronic Disease Prevention and Management

Heart Disease and Stroke Prevention (HDSP) Program

Lucas State Office Building

321 E. 12th Street, 4th Floor

Des Moines, IA 50319-0075

"A journey of a thousand miles begins with a single step."

Lao-tzu, Chinese philosopher (604 BC to 531 BC)

 **Before printing, consider the environment**